

Vijnana Bhairav – Sw Ramanandaji

### **VB1**

02:00 Pasyanti madhyama Vaikhari

06:33 Devi and Vairabh

08:34 Bij avasthaa which is pasyanti

10:45 During shushupti deep sleep state one speaks out without knowing [in Canada one has murdered in deep sleep state]

14:55 Shastra scripture also comes into existence with creation, swas rup like breath in Vedanta and dwani rup sound in agam

16:02 Devi asks –

17:18 Rudra definition

21:20 pash is maya pashu is jiv and pashupati mahadev

22:40 dakshina tantra is greater then vama tantra is greater then shaiva. Kaula which established in shakti, from kaula, trik is greater which established in Shiva

31:30 Ramanuj has the understanding of Shankar Vedanta, but to keep it from anadhikari (as per Tapovanandaji), he has contradicted it.

34:38 Sequence in Tantra – classification in Tantra

37:19 kim...

40:20 sharir of shakti is matrika, body of shakti is matrika, shakti works through this matrika,

41:29 nine difference shiv, shakti, sadashiv, shuddha vidya, iswar, maya, panchuk, purush, prakriti – nabatma bheda

### **VB2**

Vyanjan ardha matra and bindu is half of vyanjan – bindu is  $\frac{1}{4}$  of one matra, ardh Chandra  $\frac{1}{8}$  of one matra, rodhini (tikon, tribhuj, upside down triangle), then naad is  $\frac{1}{32}$  of a matra, nadant is  $\frac{1}{64}$  of a matra, shakti  $\frac{1}{128}$ , vyapika is  $\frac{1}{256}$ , then samana  $\frac{1}{512}$  of a matra, unmana / unmani and maha bindu (which is karan bhuta which goes to sadashiva )there is no matra as there is no mind / manas; when bindu is  $\frac{1}{2}$  of one matra then sanmana will be  $\frac{1}{256}$ ; these are nine matrika

13:43 mantra, devata, atma, manas and pran – one becomes one bhumika then mantra siddhi

16:33 ha is bisarga -

17:40 para, para para and apara (sthul) - para para ya sakalam .....

25:32 nishesaya chhina samsayam

28:35 sadhu sadhu toya prushtam..

33:05 Ishwar / GOD / Nirgun nirakar / Sagun nirakar tattwa will be one and only one not many, .... Shiva in Tantra

35:00 one can only reach Shaktimaan through Para Shakti, shakti is shaivi mukh - like understanding electricity through electrical appliances ... discussion in tantra sar

Without samprajnat Samadhi one can not reach asamprajnat Samadhi

37:50 Yaksha of Upanishad - when indra went near yaksha disappears, after prayer by indra reappears as mother goddess ..

44:25 yat kincit sakalam rupam bhairavasya prakirtitam

### **VB3**

01:32 Maya ....

08:25 Tattwata.....

19:03

29:57

32:08

34:29 there is no difference between shakti and shaktiman

40:24 Shakti and Shaktiman is nitya abhed

### **VB4**

03:25 shaibi mukh - shakti ka naam which helps to know shiva

05:03 satya avastha prabishtasya...

12:52 jagat mithya nehi he - only bheda pratiti - kathan ki shaili, jagat mithya, if jagat is mithya then jagat guru will become mitya guru

14:51 v?

15:13 v? parashakti ki madhyamse shivarupata prakat hotaa he,

15:49 yatha loke dipasya...

19:27 deva deva.... Various weapons of bhairava vairava - Trishul - ichhaa jnaan kriyaa, .... Lohita is bimarshana, raga pasha, dvesh rupi ankusha, man rupi dhanush, pancha bishaya (raga dvesh aadi) pancha baana;

21:43 Weapons of Mahadeva Trishul - ichha, jnaan and kriyaa shakti, kapal krita bhushana - kapal / kapal skull - brahmada is parichhinna, bhed malum ho raha he, ye khand malum ho rahaa he, yehi he kapal skull uski haat me, naamrupaatmaka jo ye jagat khanda he, wa chaitanya kaa aabhushan he,

### **VB5**

00:30 Bhairavi shakti - whati is the paths to reach the para devi ?

02:53 How to attain shiva rupata ? Shambha, shakta and ano upaye.

06:19 satsang ka arth - sat swarup prapti

07:08 Urdhe... - Bharanat bhairava

13:08 Bhairavi shakti is moving in the form of pran and apan, shakti ka hi vivart, antar bindu and bahir bindu is bisarga

### **VB6**

2:12 VERY IMPORTANT bahar jo ataa he o he ha, andar jo aataa he sah - thus hamsah; As per yoga jiva always repeating hamsah

04:41 how soham is formed

08:05 Marute... bhairavi... - marut is pran and apan

10:49 Vairavya babu .... Vairavyasa babu.... - shakti ka jo sharir banega wohi shaktiman kaa sharir banega

12:32 na brajet na vishet.... Naa baahar ho rahi he naa andar ho rahi he, vyaapak he

16:30 Pratibodha beditam

17:59 VERY IMPORTANT - How mukti liberation attained - unmesh nimesh shrishthi and sanghaar is bhairabhi mudra bharanat bhairavi - gives instant mukti

19:28 drishti sthira yasya binaiva Drishyam, prano shtiro yasya binaa prayantatah chitta sthira yasya bina abalambana sah evah yogi sah guruh sah puja

22:50 kumbhikaa... rechika, kumbhika, purika

28:10 sankalp kanha se udbhut hua kanhase lin hua – Samadhi to har kshan hota he,

29:18 VERY IMPORTANT Jnan swata sidha, only covered by ajnana, .... Kabhi bi swarup aur chaitanya abrit nehi hota he,

31:21 in v25 2<sup>nd</sup> dharana and v26 3<sup>rd</sup> dharana is discussed na brajet na bishest shaktir marud rupa bikashite nirvikalpa tayaa madhhe ....

31:45 V27 – kumbhika rechika baapi purika baa yadaa bhabet... tadante shata naamasau... shantah prakashate

33:54 amulat kirana....

37:38 udgachhanti...

### **VB6**

00:15 Jiv is sha bishnu pada ha..

2:14 IMPORTANT - whats comes out outside ham that which goes in sah as per yog shashtra hamsah is derived in this way, .... How bija mantra is made ? the reverse is soham

### **VB7**

03:15 VERY IMPORTANT - How kundalini is activated ? There are six chakra as per yoga and 12 chakra as per tantra . Muladhar (mala-dwar) (4 petal lotus?... 4 sah's) is associated with prithivi tattwa, swadhisthan (mutra sthan) is related to 6 petal lotus ( ya, ra, ba,...) and associated with water, Manipur (nabhi) is 10 petal lotus associated with agni tattwa, bij is rang, varna / letters of the 10 petals are naadi-phanta i.e. ba, bha, ... na se pha tak, ... ba, bha, ma, ya, ra, la, ye heh baadi laanta, then wa, sa, sh, Sh (no ha), in Manipur the varna's are naadi-phanta, another is badi-lanta (swadhisthan varnas ?) and baadi-shanta (varna's of muladhar ?); thus in Manipur rang is bija, 10 petal lotus with varnas of naadi phanta, (pa & pha are 2, ta, tha, da, dha & na are 5, Ta, Tha, Da, Dha Daadi-phaanta), anahat (hridaya) – 12 petal lotus – vaayu tattwa, bija is yum, 12 varnas are kaadhi-Thanta , ka,kha,ga, gha, nga, cha, chha, ja,jha,eyan, and Ta, Tha, bishudhha – akash tattwa – 16 petal lotus, kantha sthan, varnas are a se ah tak, a, aa, i, I, u, U, o, ou, ... 16 swaras, bija is ham, ajna chakra between eyebrows, bhru maddhye, 2 petal lotus, varna ha & kSh, associated with manas, manah sthan, sankalp and vikalp – the 2 petals, no different bija, ... when each of the above tattwa's i.e. muladhar to bishuddha is destroyed / bhedan,... muladhar bhedan will conquer gandh tan-matra, swadhishtan bhedan will conquer ras tan-matra, Manipur bhedan will conquer rup tan-matra, anahata bhedan will conquer sparsha, bishuddha bhedan will conquer manas tattwa, leads to conquer the manas, the in the sahashraa one attains shiva

rupataa, .... In sahashraa there are 1,000 petals, varnas are 20 times of 50 varnas, so when nyaas of varnas are done, it is done for 20 times.

16:00 Twelve chakras as per tantra – janmagra – still below from muladhar, there is a place where shakti resides, where para-shakti is in sleep state, 2- muladhar, 3- kandh, 4- nabhi, 5- het ?, 6- kanth, 7- talu, 8- bhru-maddhya, 9- lalat, 10- brahma randhra, then 11- shakti and 12- byaapini

18:10 Mantra byaapti – in shodasha swar there are four napunsak ri, rl, li, ll, ..... in these four there are no bija shakti, .... From a, aa, i, l, u, U, e, ai, o, ou, ang, ah – these 12, these 12 are used for nyas in the 12 chakras, a is at byaapini to ah at janmagra, ... dwaadashaakshara bheditam.... Sthul sukshma parishtitya ... muktha tatha shivah (bhabati) .... When one reaches byapini from janmagra i.e. gross to subtle one becomes byaapaka...., while doing nyaas, anubhuti / experience to be attained, as one progresses from sthula to higher up sukshma, the prakash tattwa also increases with each level... and at last the samanya prakash abhibyakta ho jayegaa,

23:00 Tika – kramena... shantha swara barjam dwaadasha... (tattwalok a book on tantra ? tanta sar)

24:45 taya purya sumurdhaantam.. nirvikalpam manah kritwaa..... – as per a different sequence the bridge of manas is destroyed first, ... manah / manas rupi setu is destroyed by the yukti of Guru, one becomes bikalapa bihin i.e. becomes nirvikalpa

28:00 IMPORTANT - another dharana - ... hridaya aakaash / space in hridaya, hridaya is paramatma, where everything is present, ... shikhi pakhei... mandalaih shunya panchakam, i.e. the objects gathered or sensations (rupa, rasa, gandha, sparsha, shabda) gathered with the help of five different indriyas

36:08 V? –

37:09 V? – idrishena krame...

40:50 V? - Kapalantar manah....

42:44 Shiva shakti samayoga kapalam pri... - ka is para-shakti, and palan kartha Shiva

43:50 Another prakriya / process – Madhya nadi....

49:00 Another prakriya / process

## **VB8**

00:00 Aother prakriya contd.. from VB7

07:17 A ayurvedic medicine which helps to see in darkness

10:42 Samadhi in seven days - by putting pressure on a nerve one goes into sushupti - but vritti is not changed to brahmakara

13:45 V? dhamanta... sukhmagni...

18:57 Start of discussion on Shabda - anahate patrekarane .. (related to shabda / shabda brahma) - what is anahata which is shabda brahm

25:09 Pranab is adhar - ... anubhih dhwanibhih .....

28:50 Different types of pranab - in vedic, in agam shakta pranab is hrim, humkar is also a type of pranav.. i.e. bhairav pranab huuuummmmm

29:50 pranabadi samucharat plutante shunya bhabanat

31:00 In old handwritten notes um is written not om...

34:00 V40? yasya kasyapi varnasya purvanta anubhavayet shunvaya shunya.. shunyaakara puman bhabet

36:25 Nam rup jis adhisthan me kalpit he, us adhisthan me hame pounchna he, .... rup ke dwara arup me and shabd ke dwara asabd me.....

38:12 V41? - Mantryadi baadya shakteshu dirgheshu karma sansthithe anannyacheta.. anubhabet

## **VB9**

02:50 V? panda mantra...

05:22 Pinda mantra - its process - nabhi me a-kar, hridaya me u-kar, mukh me m-kar, bhru Madhya me bindu, lalat me ardh Chandra, lalat ke urdh bhag me nirodhika, ...naad, ... nadant, then shakti ... on the skin, then byapini / vyapini... shikha mul, shikha me samana, shikhant me unmana, meditation is done in this sequence..

10:15 V? nija dehe... nirvikalpa manah tasya yat sarvam...

11:48 when bikalpa subsides / shanta one reaches chittakash, ... first ashraya is bhutakash, reaches chittakash i.e. first one takes refuge / ashraya in bhutakash and reaches chittakash, and then chidakash me lin ho geye / mergers with chidakash, vritti merges with chidakash... chaitanya me sara sharir kalpit he,

16:56 Prishtha shunyam mula shunyam .... Shunya

22:25 Pramata, pramana and prameya shunya ho gaya; as in Vedanta pramata, pramana and prameya annihilated, ... sarvam atamaivabhut, kena kam pasyet, kena kam bijaniyat,

23:05 urddha shunyam addha shunyam, maddhye shunyam nirashraya trishunyam jo janati sah bhabet kulanandana

24:50 tanu.. nirbikalpa swarupadha.. -

27:21 Chitt phat jata he, man nirvikalpa me pounch gaya, ...

28:15 V? - sarvam dehagatam..

32:05 Many process ... bahyalamban Is for chitta ekagrata, when chitta is ekagra....

33:50 V? - hridyakasha ....

37:25 V? - sarvatah swasharirasya ...

## **VB 10**

00:06 pratikshana khina vritti... - vairagya abhyasa is must..

09:42 V 51 ? kalagina.... Uthitena... vichintayet ante shanta bhashat.....

11:22 IMPORTANT - Definition of siddhi / - chaitanya ke saath jo bikalp / vikalp rahit samkalpa he usika naam siddhi he ... bina aadhar ke bikalp rahit nehi hota,

19:15 V ? evam eva jagat sarvam... parama pum bhaba bhabet

20:55 VERY IMPORTANT - How to destroy moha / desires. Seeing / thinking the sequence of events of after the death of the body

26:45 V ? - ... swadehe jagato baapi ... sukhma sukhma taraani cha.. paraa

31:27 Explanation of sadaiva soumya idamagra aasit ekam evaadwitiyam -

33:05 V? - pinaam cha durbalaam shaktim...

35:30 V ? - bhubanaat... chintayet kramoshokhilaam sthula sukhma....manolayah

41:23 V ? - asya sarvasya biswasya paryante su... prakriyaa tattwam.... Mahodayah

42:45 V? - biswametan mahadevi.... Shunya bhutam.. cha manolinam ... bhajanam

## **VB 11**

00:00 Prev contd..

04:59V? - Ghatadi... tanmoyo bhabet

09:00 V? –

14:25 VERY IMPORTANT - earth moves around sun discovered in india at 7<sup>th</sup> century and in west 11<sup>th</sup> / 13<sup>th</sup> century.

19:20 V? - ubhoyor...

20:04 V? – nyakte Bhabe nitye niruddhaa chit naiva bhabantaram brajet ..

26:29 VERY IMPORTANT - V? – sarvam deham chinmayam hi yadva... - sadaiva soumya idam agra asit –

Why GOD's image is chinmaya ? as it is not made by pancha bhuta

30:40 VERY IMPORTANT - V? – samatwa ka udaya kaise hota he – vayu dwayasya... antar va bahir... yogi samattwa vijñanam samattwa bhajanam

1<sup>st</sup> meditation out of 112 meditations of the vb? Pehele pran apan me gaya tha abhi pran apan ko chhod diya usne, pran ko chhod kar ke jaha pran lin ho raha he, jaha se pran uday ho raha he, phir apan jaha lin ho raha he, aur wahise pran uday ho raha he, idhar pran uday ho raha he pran lin ho raha he, idhar pran lin ho raha he apan uday ho raha he, jo bich ka mul tattwa he o waha sam he, iha bhi sam he, uha bhi sam he, ab us sam me uska vritti kendrit ho jati he, aur isko chhod deti he, ye dono ko chhod diya, do no ko chhod kar ke sam me chali gayi, ab sam me vritti jab chali gayi, tab o samattwa ho gaya apke andar, i.e. yogi samattwa vijñanam samattwa bhajanam – samattwa vijñana ka bhajan ban jata he yogi, usko samattwa me uska sthiti chali jati he, man ka sthiti sam me chali gayi,

33:06 On chaitanya – chit prakash sab jaga sam he, usme ghat, pat jñan hoti he,

36:25 V ? – sarvam jagat swadeham va swananda bharitam smaret... parananda bhabet ... - ananda sindhu sarvopi loka magnopi – there is one ananda sindhu / sea of bliss, all are inside it (dube hu e he,) but do not know it (par uska jñan ne hi he), so can not get its beneficial results – magna he to anand sindhu me, lekin kalpana se bahar kar diya, bahar dekhta he to ... bahar registhan ki jal ke maphik bhram ..., sochta he ki eha se hamari pyas mit jayegi,

38:40 IMPORTANT – Example of purnam madah purnam idam .... purna mevabashiyet .. all are in bliss.

42:00 IMPORTANT – On pranayam – purak se rechak is twice – if purak 1 min 4 min kumbhak and 2 min rechak

## **VB12**

00:28 V ? –



05:15 Malaya giri – chandan / sandalwood tree – the wind from malyagiri sandalwood trees makes other trees fragment.

07:30 IMPORTANT - smarananda

15:35 V ? – lehanan manthana ...

25:30 IMPORTANT – Rasavai sah....

38:24 VERY IMPORTANT – V ? - yatra yatra manah tushtir...

### **VB13**

00:00 Contd..

03:26 V ? – yatra yatra manah yati ....

04:44 V ? Dehepi...

06:00 VERY IMPORTANT – Shrotiyasya akamahatasya .... Tyag ka such...

07:06V ? Anagatayam nidrayam pranashte bahyagochare ...

13:00 VERY IMPORTANT - Verse from yog vashisth – nidradau jagarasyante yo bhava upajayete tam bhavam bhayam sakshat akshayananda ashnute

15:30 Meditaion on Dipak / lamp – start with lamp light source then meditating of the illumination of the lamp light around

17:59 VERY IMPORTANT - V ? – Rahasyatmaka sholk / verse – jo chesta rahit sab - ... khechari drishti – khe charati iti khechari – akash to ablamban karne bali drishi – jnan siddhaki mudra, mantra siddhaki – description of different mudras

Swabodha vishranti vimarsha – meaning of mantra

28:18 Start of Asana – first asana / posture as per parampara / tradition is sab asan – sab ko swa me lin karna

29:06 V? – mridvasane (mridu asan) ... i.e. naukasan – only waist will stay on ground / soft ground and hands and feet will remain up and free

31:35 V? – upavishyasane ...

32:45 Yog nidra –

36:56 VERY IMPORTANT - V ? – maddye.. – keeping tounge in the middle - .. air from out side is sah and air from inside out is ham..

43:01 V ? – asane...

#### **VB14**

00:00 om kam kham -

03:05 V ? - chalasane sthitasya... prashanti....

13:03 V ? - akasham vimalam pasyan ...

14:37 V ? - linam murdhnim yat sarvam ...

16:36 V ? - Kinchit jnatam dvaita... bahya lokastama punah

20:12 V ? - Evam eva ... Krishna pakhya..

36:14 V ? - Yasya kasya indryasyapi.. atma prakashate

42:36 V ? - Varnasya sah visargasya visargantam ... kuru niradharena chitten sprishet brahma - visarga means srishti, matrika - sampurna shrusti ka utpatti, varna ka swabhab bisarg he,

#### **VB15**

00:00 How to do chitta niradhar to attain brahma jnana

08:15V ? - vyomakaram somatmanam ... darshayet tada -

11:51 IMPORTANT - Jnanadeva kaivalyam - charam vritti ki bina aparoksha jnan nehi hogi, paroksha jnan hogi

12:35 shambhabi bhav - nirashraya chiti shakti swarupam darshayet tada

12:55 V ? - kinchit angam...

25:05 VERY IMPORTANT - how to implement in day to day life to know the activities of maya / maayaa - [26:30] - V ? - maya bimohini nama kal...

31:39 V ? - .. ichha samutpannam...

#### **VB16**

03:00 V ? - yada ma ... tan... bhavet - VERY IMPORTANT - taslina tanmana bhavet

08:24 V ? - Ichha ya athava jnane ...

18:02

31:10 V ? - Indrajala mayam vishwam ...

38:27 V ? - na chittam nikshepe dukhe..

43:30 V ? - Vihaya...

46:00 V ? – Ghatadau ... mamantare ... naiva sarvagatam jatam .. bhavayan iti sarvagah –

49:00 V ? – Who is a yogi ?

### **VB17**

02:42

07:09

10:08

11:34

15:55 VERY IMPORTANT - Vrutti at the time of leaving home

17:45 Shraddha –

18:55

25:50 VERY IMPORTANT – What is shambhabi state, vrutti / vritti of shambhabi dasa

27:35 VERY IMPORTANT

39:09

42:20

43:55

### **VB18**

00:00 ... tat sarvam bhairava rupam bhavyam

04:05

24:34

34:57

37:00

### **VB19**

00:32 V ?

07:07 V?

09:35 V ? VERY IMPORTANT - 112 alambanam to destroy .....

14:48 V ? - VERY IMPORTANT – if one of the 112 is practiced ...

19:00 V ?

25:55 V ? Devi asked -

27:56 V ? -

32:50 V ? What is dhyan

37:10 V ?

### **VB20**

02:06 V ?

04:45 V ? IMPORTANT - What is divya snan - different types of bathing of a wiseman / jnani

08:29 V ?

10:28 V ?

31:00 V ? Hans gayatri - hakarena bahirjati, sakarena antarjati -

32:20 V ?

34:44 V ?

36:26 V ?

### **VB21**

**END**